

Every Minute, Every Day

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數:
編舞者: Alison Barrow
音樂: Gotta Get Movin' (Hot Fun Paradise Dance Mix) - First Love



Sequence: ABBA, ABBA, Tag, AAA

PART A

STEP ½ PIVOT, POINT CROSS TWICE, POINT TOGETHER

- 1-2 Step forward left, pivot ½ turn right
- 3-4 Point left toe to left, cross step left over right
- 5-6 Point right toe to right, cross step right over left
- 7-8 Point left toe to left, step left beside right

MONTEREY ½ TURN RIGHT, LEFT CHASSE, BACK ROCK

- 9-10 Touch right to right side, on ball of left pivot ½ turn right stepping right beside left
- 11-12 Touch left to left side, touch left beside right
- 13&14 Step left to left side, close right beside left, step left to left side,
- 15-16 Rock back on right, rock forward on left

RIGHT STRUT, CROSS STRUT, RIGHT CHASSE, BACK ROCK

- 17-18 Step right toe to right side, drop right heel, taking weight
- 19-20 Cross left toe over right, drop left heel, taking weight
- 21&22 Step right to right side, close left beside right, step right to right side,
- 23-24 Rock back on left, rock forward on right

LEFT GRAPEVINE ¼ TURN LEFT, ROCKING CHAIR

- 25-26 Step left to left side, cross right behind left
- 27-28 Step left ¼ turn left, step forward right
- 29-30 Rock forward on left, rock back on right
- 31-32 Rock back on left, rock forward on right

With optional shoulder shimmies on the rocks, forward and back

PART B

CROSS ROCK, LEFT CHASSE, BACK ROCK, SIDE STEP

- 1-2 Cross rock left over right, rock back on right
- 3&4 Step left to left side, close right beside left, step left to left side,
- 5-6 Rock back on right, rock forward on left
- 7-8 Step right to right side, step left beside right

JAZZ BOX, JAZZ BOX ¼ TURN RIGHT

- 9-10 Cross right over left, step back on left
- 11-12 Step right to right side, step left beside right
- 13-14 Cross right over left, step back on left
- 15-16 Make ¼ turn right, stepping right to right side, step left beside right,

SIDE TOE SWITCHES (RIGHT, LEFT), HEEL PRESS, SIDE TOE SWITCHES (LEFT, RIGHT), HEEL PRESS

- 17& Touch right toe to right side, step right in place
- 18& Touch left toe to left side, step left in place
- 19-20 Right to right side, keeping toes on floor, press heel down twice

Optional: lean body diagonally left, with right arm alongside body press right palm down twice

&21& Step right in place, touch left toe to left side, step left in place

22& Touch right toe to right side, step right in place

23-24 Left to left side, keeping toes on floor, press heel down twice

Optional: lean body diagonally right, with left arm alongside body press left palm down twice

TAG

1-4 Drop left heel down four times, clicking fingers of left hand

ENDING

29-32 Replace last four counts of Part A with tag
